

Bosque do Pisco 25/26



Program 2025/2026

Bosque do Pisco - Leonor Pêgo - Estoril

Activities, Timetables and Monthly Fees

Wild Owls - Monday / Wednesday | 2-5pm | 8 to 15 years old

Day at the Forest - Tuesday | 10am-5pm | 8 to 15 years old

Roly Poly - Tuesday / Wednesday / Thursday | 10am-1pm | 1 to 4 years old

Art and Nature Workshop - Wednesday | 5:30pm-7pm | 6 aos 12 anos

Grasshoppers - Tuesday / Wednesday / Thursday | 10am-4pm | 4 to 12 years old

Yoga Kids - After school - Thursday | 5:30pm-6:30pm | 6 to 12 years old

Support to Homeschooling - Wednesday | 10am-1pm | 6 to 12 years old

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning 10am - 1pm		Roly Poly	Roly Poly Support to Homeschooling	Roly Poly	
Afternoon 2pm - 4pm 2pm - 5pm	Wild Owls	Day at the Forest (off Bosque premises)	Wild Owls	Grass-hoppers	Visits from schools / events
Late afternoon 5pm		Grass-hoppers	Art and Nature Workshop	Yoga Kids	

Wild Owls

Monday / Wednesday | 2-5pm | 8 to 15 years old



Registration + Insurance: 50€

1 session per week: 45€

2 sessions per week: 80€

Support to Homeschooling: + 25€/ per month

The Wild Owls are the wisest in these Woods!

Between the ages of 8 and 15, children and teens have time to be, and to be around Nature. A time to develop important interpersonal relationships and to live intensely the time and space in nature.

Focused on forest school and outdoors methodologies, the group is challenged to discover the territory of an active and critical-thinking body.

Body and voice together in a manifesto of growth and in a participatory and collectively constructed action. Between artistic experimentation, the use of tools and technical learning outdoors, the shared experiences inspire these afternoons in the open air.



Day at the Forest

Tuesday | 10am-5pm | 8 to 15 years old



Registration + Insurance: 50€

1 session per week: 80€

A day of adventure and hiking. With our backpacks on, this program proposes exploring different natural territories of forests, woods, gardens or parks within a 20km radius of Bosque do Pisco.

We set up a meeting point and pack everything we need for a day of adventure.

Throughout the day we will discover the fauna and flora of each location.

We'll experiment and apply survival techniques, orienteering and the outdoors, always with an artistic and ecological eye.

Occasional visits to museums and botanical gardens are planned.



Roly Poly

Tuesday / Wednesday / Thursday | 10am-1pm | 1 to 4 years old



Registration + Insurance: 50€

1 session per week: 60€

2 session per week: 100€

3 session per week: 140€

The Roly Polys are our continuity group for children aged 1 to 4 who visit the woods to play and explore Nature accompanied by their families/guardians.

Here, our woods are the most welcoming and provoke all the senses, with space to play, explore, create and develop a relationship with Nature from an early age.



Art and Nature Workshop

Wednesday | 5:30pm-7pm | 6 aos 12 anos

Registration + Insurance: 50€

1 session per week: 35€



The Art and Nature Workshop is a space for artistic experimentation in Nature. In these sessions there is time to explore and learn more about the fauna and flora of our woods, but also to experiment with making.

Mainly using natural materials, the group of explorers will put into practice various artistic techniques from painting to basketry, using tools and promoting creativity in a natural and very free environment.

Because of the time it takes place, this workshop happens often in the dark, plunged into the evening in the winter time. In those moments, the magic increases around the campfire and our lanterns illuminate the path we are tracing on the map of our discoveries!

A magical and natural time in the middle of the week,
to restore levels of nature and freedom!



Grasshoppers

Tuesday / Wednesday / Thursday | 10am-4pm | 4 to 12 years old



Registration + Insurance: 50€

1 session per week: 45€

2 sessions per week: 80€

3 sessions per week: 180€ (Support to Homeschooling - Free)

Support to Homeschooling: +25€/per month

The Grasshoppers are our group of curious nature explorers from 4 to 12. At this age when curiosity provokes the spirit, we want to encourage active, creative and autonomous children.

In the space of these sessions there is time for challenges to happen.

The Bosque offers a space for discovery tailored to our scale, with lots of dynamics between playing and learning, between moving and reflecting, between the active body and Nature that calls out to us.

Here things happen and decisions are made with the children always having an active voice. They take part in the Grasshoppers' decisions and help to build and keep the Pisco Woods space.

Collective project situations are developed and individual times are respected.

We live the rhythm of Nature and the seasons.



Yoga Kids - After school

Thursday | 5:30pm-6:30pm | 6 to 12 years old



Registration + Insurance: 50€

1 session per week: 35€

Yoga Kids is a time for children to explore new ways of developing their various forms of intelligence - emotional, communicative and empathetic - through the union of body, mind and spirit, promoting a sense of well-being, self-esteem, self-confidence and self-knowledge, developing group spirit and cooperation, with the ability to deal with stress and anxiety more effectively and calmly.

The sessions include four specific moments: Postures (asanas), Breathing Exercises (pranayamas), Mindfulness and Meditation, and use the most diverse techniques and methodologies, such as stories, music, songs, games and crafts.



Support to Homeschooling

Wednesday | 10am-1pm | 6 to 12 years old

Registration + Insurance: 50€

1 session per week: 80€



This session, led by a teacher, aims to provide support for curriculum content for students in home education. Using a project-based method, the tutor will guide the students in developing their learning, respecting the child's individual time and promoting the application of knowledge through their interests.

In these sessions there will also be room for lots of experimentation and the outdoors in a concrete approach to curriculum content, with playful dynamics and group situations.

